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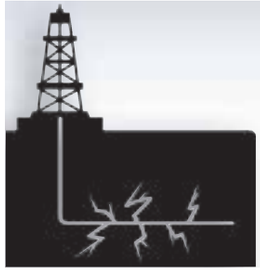

HERE COMES THE BOOM!

IN DAY 1 OF OUR THREE-PART SERIES, METRO EXPLORES THE NEW FRONTIER OF FRACKING — BRITISH COLUMBIA PAGES 6 & 7

Bitterness brewing ahead of Beer Fest?

Lead organizer of August festival attacks regulation of 'special occasion permits' in Ontario PAGE 3

In FordSpeak, MIA equals A-OK ('100%')

Ford's lawyer insists his client is in rehab, despite reports mayor turned around after landing in Chicago PAGE 8

NEWS WORTH SHARING.

'Mothers out there are suffering'

Banding together. London rally planned for kidnapped Nigerian girls

SCOTT TAYLOR
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Mphatso Mlotha and Adam Garba, of the African Canadian Federation of London and Area, say they hope the London community unites Thursday in support of hundreds of kidnapped Nigerian girls. SCOTT TAYLOR/METRO

More than 200 girls abducted last month from a Nigerian school remain in peril, and while world leaders work to find and free them, community organizations and individuals everywhere are banding together to create awareness of their plight.

Locally, the African Canadian Federation of London and Area (ACFOLA) is inviting people to join them at the Masonville library at 5:30 p.m. Thursday to raise their voices and demand the girls be brought back to their families.

The terrorist organization Boko Haram has threatened to sell the girls, and it's believed they brazenly took eight more Tuesday morning.

"We're trying to mobilize and tell people about this terrible event that's happening," said ACFOLA president Adam Garba. "So we're going through our website, through our membership and friends and neighbours to raise awareness and move people to actually do something to address this unforgivable action."

Along with the meeting, Garba asks people to write to their MP and the Nigerian, asking them to take action.

"Make a phone call, log on to (Twitter) with the hashtag #bringbackourgirls, anything that would increase the visibility about the need to take action," he said.

Mphatso Mlotha, ACFOLA's spokesperson, said terrorists come dressed as soldiers, which makes the girls believe they're safe. "It's a tragedy that the people who you feel are there to protect you are actually there to capture you," she said. "The mothers out there are suffering right now (and) have no idea where their daughters are."

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3 DAYS ONLY!
THURSDAY, MAY 8
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NEWS 1

Miscalculation

Gore Road Bridge funding found at expense of road renewal projects

Renewal projects for major roads in the city will be postponed until 2016, to pay for the replacement of the Gore Road Bridge, council heard Tuesday.

A miscalculation by city staff left the project short of funding. So, faced with a $4.5 million bill and not enough money to pay contractors, staff had to find exactly $917,574.20. They did so by taking money from the road renewal fund, with city engineer John Braam telling council that some projects — he didn't say which — will be postponed.

MIKE DONACHIE/METRO

Conservation

Heritage district given go-ahead

There was enthusiastic applause from the public gallery at the council meeting Monday night after a new heritage conservation district was approved.

There will now be more protection from unkind development in the Blackfriars and Petersville area west of the downtown core.

The decision was popular with the residents who had gathered, all wearing matching T-shirts celebrating their area.

The district is bounded by the Thames River, Wharncliffe Road North and Oxford Street.

MIKE DONACHIE/METRO

Sarah McLachlan to light up Budweiser Gardens

Grammy Award-winner Sarah McLachlan is coming to Budweiser Gardens on Nov. 11. The stop is part of McLachlan's Shine On tour, kicking off Oct. 18 in British Columbia and hitting 19 cities from coast to coast. It supports her new album, also called Shine On, which was released Tuesday. The release is McLachlan's eighth studio album and her first full-length recording of new material in four years. Tickets will go on sale at noon Friday ranging from $51.75 to $91.75. Check budweisergardens.com for details. THE CANADIAN PRESS

Council votes 'No' to food trucks on streets

Hot topic. Issue can't be reconsidered for another year

MIKE DONACHIE
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Food trucks won't be rolling onto city streets this summer after council voted against the idea.

In a heated session Tuesday night, the full council voted 8-6 against allowing eight trucks to operate in public parking spots.

Councillors repeatedly expressed concerns about the effect on existing restaurants in the downtown core, saying they've had a tough time in recent years and should be protected from food trucks out to take their customers.

Coun. Paul Van Meerbergen said London needs a "healthy restaurant sector" and it's one of the reasons why people come downtown.

He had plenty of support, notably from Coun. Bill Armstrong, who said food trucks could cost other businesses $4 million. Coun. Harold Usher spoke of a "dynamic restaurant scene downtown" that deserves to be protected.

But others were passionate in their advocacy of street food and the entrepreneurs who want to sell it.

"It's time to move forward and not stifle the innovation in our city," Coun. Matt Brown said, pointing out this was the third time council had debated food trucks.

"We talk about the city of opportunity," added Coun. Nancy Branscombe, appealing to colleagues to stop deferring decisions.

In the end, after navigating a complex process of motions and amendments, deferral was off the table and the vote was a straight "Yes" or "No." The outcome was "No" and the rules say it can't return for a year.

Food trucks denied

How they voted:

- For food trucks: Mayor Joe Fontana and Couns. Matt Brown, Nancy Branscombe, Paul Hubert, Denise Brown and Judy Bryant.
- Against food trucks: Couns. Dale Henderson, Paul Van Meerbergen, Harold Usher, Sandy White, Joe Swan, Stephen Orser, Bud Polhill and Bill Armstrong.
- Coun. Joni Baechler was not at the meeting.

Hadfield to touch down in London to speak at event

Astronaut Chris Hadfield will make a landing in London on Sept. 18.

Hadfield, the first Canadian commander of the International Space Station, has been tapped as guest speaker for the St. Joseph's Tribute Dinner.

Organized by the St. Joseph's Health Care Foundation, the dinner will highlight new efforts in rehabilitative care.

Chris Hadfield

Hadfield's a fairly good pick to talk about the topic. Living without gravity for about six months on the space station, Hadfield lost eight per cent of his bone density and his veins hardened, turning his 54-year-old body into something similar to that of a person almost twice his age.

It took intensive rehabilitation to recondition Hadfield's body for life back on Earth.

Tickets for the London Convention Centre event are $175 before June 27 and $195 after that. Check sjhcfoundation.org for details. METRO

Patrick Howlett

Artist marks first Museum London exhibition

A new exhibition at Museum London focuses on how art is made, taught, promoted, interpreted and more. It features the work of Patrick Howlett, who teaches in the department of visual arts at Western University. It's titled Part-Time Offerings and runs until August 17. The opening takes place on May 16 at 8 p.m. METRO

Charity tournament

Rock, paper, scissors, cleats

London's first charity rock, paper, scissors tournament has been declared a success by its organizers.

Held Saturday at Joe Kool's by a new group called RPS Charity, the event raised $700 for Cleats For Kids London.

More than 60 people took part and many of them also donated gently used sports cleats for kids in need. METRO

Hard to swallow: Aaron Brown, the man behind the Forest City Beer Fest, is calling for changes to the way festival permits are issued to some brewers. MIKE DONACHIE/METRO

Beer fest rules problem proves unpalatable

Alcohol and Gaming Commission. Forest City Beer Fest organizer calling for change

MIKE DONACHIE
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A little-known problem with the rules governing the sale of beer has left a bitter taste for one London expert.

Aaron Brown, lead organizer of August's annual Forest City Beer Fest, has attacked regulation of "special occasion permits," affecting which brewers can take their products to festivals.

The Alcohol and Gaming Commission of Ontario doesn't allow event organizers issue the permits to buy from "contract brewers" — that's a beer-making company that, although properly licensed to make beer, doesn't have its own brewery.

Instead, contract brewers rent space and equipment in another company's brewery and makes its drinks there. Usually it's new business run by entrepreneurs.

This week, the issue came to light when Toronto's Left Field Brewery, a contract brewer, found itself running an event at which it couldn't serve its own beer. Instead, it had to serve beer from other companies. It didn't know about the rule.

Now, Brown has decided that it needs to be an issue in the provincial election.

"This is a symptom of the need for change when it comes to regulating alcohol in Ontario," he said. "Businesses are being arbitrarily restricted. The people of Ontario are crying out for some leadership and real change where alcohol is concerned."

Brown, in an open letter to all candidates, has demanded each party address the issue of alcohol regulation ahead of the election on June 12.

"Parties need to be telling the people of Ontario why they are in support of the status quo or how they would change it," he said. "I challenge all the parties to step up and do the right thing for these small businesses that are being squeezed and forced to jump through hoops to sell beer.

"I also challenge the parties to tell the public what their vision is (if they have one) for moving past our shabby status quo and into the 21st century."

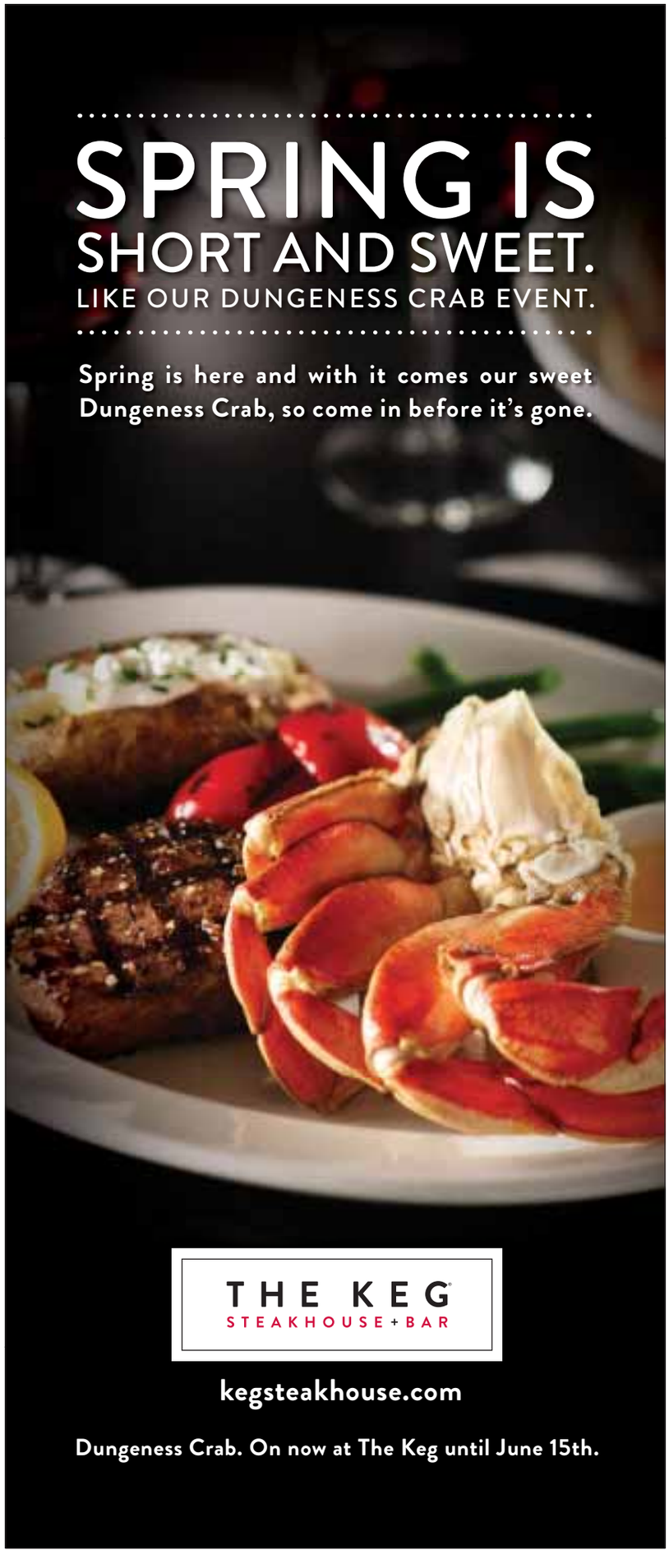
The Ministry of the Attorney General, which oversees the Alcohol and Gaming Commission, has said the special occasion permits program "helps ensure that the sale and service of beverage alcohol at special events is conducted in a safe, socially responsible manner."

At a glance

"To freeze out contract brewers is illogical, unfair, and hurting entrepreneurs in the earliest stages of their businesses."

Aaron Brown, organizer of the Forest City Beer Fest, in an open letter to provincial election candidates.

Follow Mike Donachie on Twitter @Mike_Donachie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SHORT AND SWEET.
LIKE OUR DUNGENESS CRAB EVENT.
Spring is here and with it comes our sweet Dungeness Crab, so come in before it's gone.
THE KEG
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Dungeness Crab. On now at The Keg until June 15th.

City Coun. Nancy Branscombe is making her second bid for the London North Centre seat at Queen's Park. She's said she'll take an unpaid leave of absence from council in the lead-up to the June 12 vote. Her NDP opponent and council colleague, Judy Bryant, inset, has said she'll remain on the job at city hall during the campaign. MAIN: METRO FILE, INSET: CONTRIBUTED

Matthews has stiff competition in MPP race

London North Centre. Prof says Branscombe and Bryant have name recognition going for them, though they'll face 'dysfunctional council' label

SCOTT TAYLOR
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It's a tale of two city councillors in the provincial riding of London North Centre as Nancy Branscombe and Judy Bryant carry the Progressive Conservative and NDP flags, respectively, into battle.

Both are trying to unseat long-time Liberal incumbent Deb Matthews in the June 12 Ontario election.

Cameron Anderson, an associate professor of political science at Western University, said facing two known competitors is a double-edged sword for Matthews, who's also the province's health minister and deputy premier.

He said Bryant and Branscombe are coming from what's been widely viewed as a dysfunctional city council.

This could work against them.

But, he said, they boast name recognition and governing experience — traits many other challengers can't claim.

"This is a unique scenario, where you've got a very prominent, well-known incumbent and two challengers, who are also very prominent in the local scene," he said.

Anderson said Bryant and Branscombe's city council ties will affect some voters.

But Anderson doesn't see this as being a defining issue in the riding.

"I would say probably not a whole lot, unless it's in the mindset of some voters, who would lay the blame for a dysfunctional council on Miss Branscombe or Miss Bryant."

Their name recognition, in the end, will help more than hinder their campaigns, he added.

"I don't see cynicism or a sense of baggage, at least at the local level, hanging on them," he said.

Matthews, who's held the riding since 2003 and is London's last remaining Liberal MPP, should be concerned about having two candidates of such stature standing against her, Anderson said.

"She shouldn't think she has a leg up because they've been tainted by city council," he noted.

Branscombe ran in the 2011 general election, coming in second, about 6,500 votes behind Matthews.

A look back:

London North Centre 2011 election results

- **Deb Matthews (Liberal):** 19,157 votes
- **Nancy Branscombe (PC):** 12,628 votes
- **Steve Holmes (NDP):** 9,875 votes

The MPP race

"She shouldn't think she has a leg up because they've been tainted by city council."

Cameron Anderson, associate professor of political science at Western University, on Deb Matthews facing competition from Nancy Branscombe and Judy Bryant.

NDP makes minimum wage increase pledge

NDP Leader Andrea Horwath tried to reach out to both workers and employers on Tuesday, saying her party is committed to raising the minimum wage in Ontario to $12 an hour over two years while simultaneously reducing the small business tax.

In trying to appeal to both sides, Horwath said New Democrats are "sensitive" to the effect a higher minimum wage would have on job creators.

"We want to see the minimum wage increase but in a way that's balanced and allows small businesses to absorb the impact," Horwath said.

The plan would involve a gradual increase over the next two years while also tying the raise to inflation to ensure a fair minimum wage in the future, she said.

The Liberal government has raised the minimum wage to $11 an hour as of June 1 but its proposed legislation for inflation indexing died with the election call.

Both Horwath and the Progressive Conservatives refused to support the Liberals' budget tabled last week, setting the stage for Ontario's June 12 vote.

Meanwhile on Tuesday, the Progressive Conservatives found their way into a bit of hot water as use of images from Russia in an election TV ad promoting job creation in Ontario sparked a bit of controversy.

Part of the TV spot — called "Ontario Working Better" — features party leader Tim Hudak himself touting his job-creation plan over video of office workers at a computer screen.

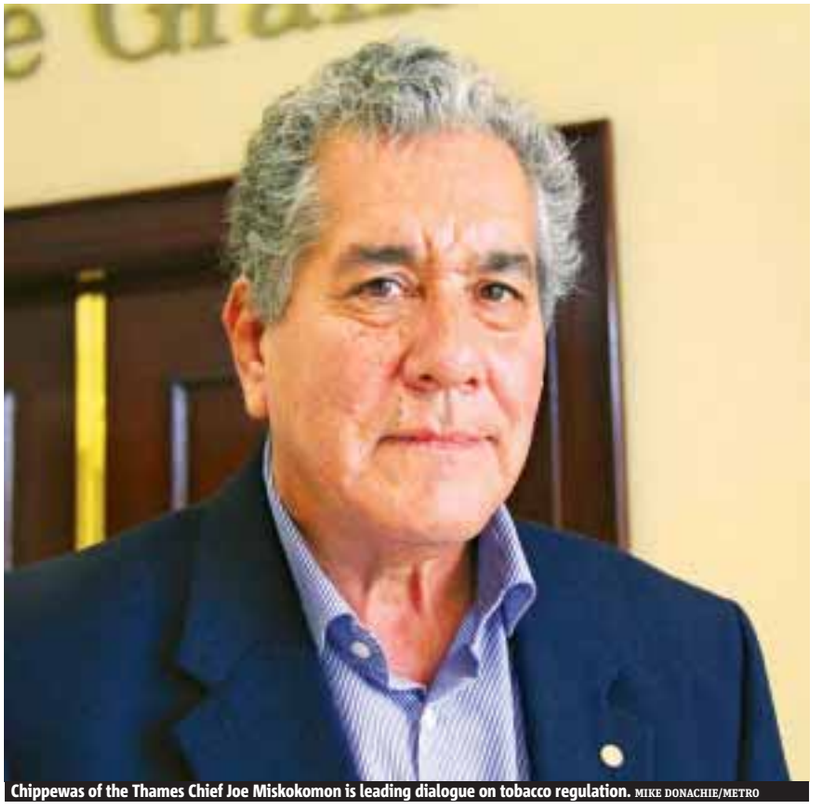
Another shot shows teens reading in a classroom.

Both sets of images, according to reports, are sourced from a stock footage agency and come from Russia.

Kathleen Wynne was focused on transportation as she made stops in the Toronto area, touting her plan to spend billions on public transit, roads and bridges if her Liberals are re-elected.

"It's very important that we recognize that making public transit more convenient is what this is about," she said. THE CANADIAN PRESS

Tim Hudak's Conservatives are facing controversy over a job-creation TV spot. FRANK GUNN/THE CANADIAN PRESS



Chippewas of the Thames Chief Joe Miskokomon is leading dialogue on tobacco regulation. MIKE DONACHIE/METRO

First Nations looking for change to tobacco rules

Chippewas of the Thames. London conference hailed as a Canadian first

MIKE DONACHIE
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There are at least 12 different ways of regulating the sale of tobacco, Chief Joe Miskokomon said Tuesday, and it's time to talk about them.

The leader of the Chippewas of the Thames wants a dialogue with the government on decriminalizing the sale of cigarettes on reserves, and an event discussing the issues is taking place in London. It's a first for Canada, Miskokomon said.

The two-day First Nations Tobacco Forum is bringing tribal representatives from Canada and the U.S. together with guests from the Ontario government at the Four Points by Sheraton Hotel.

Miskokomon's message was clear as the conference started Tuesday: The status quo isn't working, and First Nations people are being criminalized by the current law.

His hope is they can take control of regulation themselves, so they can sell tobacco to people visiting reserves without fear of breaking the law. Currently, sales are limited to First Nations people, for their own use.

"We want to decriminalize it by having the right jurisdictions in place where, if someone comes across to our territory and buys cigarettes, we get the benefits from that," Miskokomon said.

He said the conference includes information about six different tax regimes on tobacco in Canada and six different regimes in the U. S.

All the systems involve relationships between tribal governments and states, provinces or territories.

In particular, the forum is looking at three preferred options, all benefitting First Nations people.

The aim is to share information about best practices.

Path forward

"At this gathering we are interested in charting a path forward to build an inclusive economy and ending First Nation stereotypes."

Joe Miskokomon, chief of Chippewas of the Thames

It's part of an attempt to develop "a government-to-government relationship in Ontario to create a revenue-sharing agreement," Miskokomon said.

"First Nations involvement in the tobacco industry is often characterized as contraband trade because the regulation of tobacco is complex, involving both the federal and provincial governments, and jurisdictional gaps," he said.

"We are hosting this Tobacco Forum on our traditional treaty territory. This type of inter-tribal trade discussion has never occurred in Ontario before, or Canada."

metro

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TODAY'S HOROSCOPE
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See that symbol? Use your Metro News app to scan the photo for a tour of Glenda Wagar and Pat Gerlinsky's ranch in Northern B.C., the scene of a potentially fatal sour gas leak in 2009.

On the edge of the Rocky Mountains in one of Canada's most remote corners, plains are marked by deep gorges B.C.'s Peace River country, which finds itself on the verge of a liquefied natural gas boom, a projected trillion-dollar requires fracking, a practice banned in three Canadian provinces. Over three days, Metro will look in depth

THE NEW FRONTIER

Glenda Wagar and her boyfriend Pat Gerlinsky visit with two-year-old colts and fillies on their farmland in northeastern B.C. on April 29. EMILY JACKSON/METRO IN VANCOUVER

'Sudden failure.' Horse breeder still feeling effects of uncontrollable wellsite blast in 2009

MATT KIELTYKA
Metro in Vancouver

Glenda Wagar jolted from bed at 3 a.m. as the roar of jetting gas boomed through the frigid November air.

It smelled like rotten eggs.

"There's a problem, I can't breathe," she clutched for her sleeping boyfriend.

Confused and weary, she left the safety of her home in the dead of night to investigate.

The rural landscape outside her front door was engulfed in a thick, white fog that rolled with the countryside.

"I couldn't even see the little trees across the driveway. It was just fogged right in."

The social worker and horse breeder spent the next six hours searching her property — a quarter section of farmland, and another half section of grazing land for her 60 horses in Pouce Coupe (just south of Dawson Creek in northeast B.C.) — for broken sewer lines, while frantically trying to call neighbours and emergency responders to find out what happened.

At 9 a.m., with the unrelenting blast of "jet engines" and stench still in the air, Wager finally learned the severity of her situation.

"A truck drove up the yard and was honking like crazy," she recalls.

It was a local hunter who had taken his life into his own hands to warn residents they were at risk.

"He said, 'You're in the middle of a cloud. Get out, get out, get out!"

On Nov. 22, 2009, Encana wellsite A5-7-77-14 L W6M, near Wagar's ranch, failed in sudden and spectacular fashion.

A B.C. Oil and Gas Commission investigation found that a tee section of piping developed a leak when blasted from the inside by fracture sand (used to break up shale rock formations) that should have been cleaned out after the fracking process.

"It just peeled that steel out like it was cheese," figures Pat Gerlinsky, Wagar's boyfriend.

The leak intensified for hours until 8:38 a.m., when it developed into a full-blown "sudden failure," according to the incident report.

The emergency shutoff valve closed automatically at 9:05 a.m. but was unable to stop the "uncontrollable" flow of gas because the valve was downstream from the failure point.

It wasn't until the Encana control room at Hythe, Alta., more than 60 kilometres away, received a hydrogen sulfide (also known as sour gas) alarm at 9:10 a.m. that the company's response to the incident began.

A total of 18 people were evacuated from within a 1.34-kilometre radius of the well.

Most had gotten themselves out of harm's way.

By the time the well was shut

High-pressure tactic

What the frick is fracking?

Fracking is shorthand for hydraulic fracturing, a method of extracting natural gas from unconventional sources, like shale rock formations, that were previously inaccessible through drilling methods.

The process involves drilling into the earth and injecting millions of litres of fluid — a mix of water, sand and chemicals — at a high pressure into shale rock to fracture the rock and release the gas trapped inside.

The Canadian Association of Petroleum Producers explains how it works:

• A hole, called a wellbore, is drilled vertically into the ground. Once it reaches the depth of the shale rock, up to three kilometres below the surface, the drill turns horizontally into the rock.

• Steel tubes (casing) are inserted into the wellbore and secured by cement. The casing is meant to prevent the fracking fluid from leaking and contaminating drinking water aquifers.

• Fluid is injected into the hole at a high pressure to crack the shale rock and release the natural gas into the well. The cracks extend 50 to 100 metres into the rock.

Much of the controversy lies in the potential health risks from sour gas leaks to air pollution and contamination of drinking water. A study from the Council of Canadian Academies, an independent organization of scientists and other experts, concluded there isn't enough known about the impacts of fracking to declare it safe.

There are no documented cases of groundwater contamination from the fluid used in fracking in B.C. But a 2011 investigation by the U.S. Environmental Protection Agency found fracking contaminated two wells with high concentrations of benzene, a known carcinogen, in Wyoming.

Another potential risk is sour gas, which can be found in 30 per cent of the natural gas and crude oil reserves in Western Canada, according to the Canadian Association of Petroleum Producers.

When fracking occurs in sour gas zones, the risk of gas leaks can be fatal. Sour gas contains hydrogen sulphide, which is highly toxic and can kill in seconds in high concentrations. THANDI FLETCHER/METRO IN VANCOUVER

Health risk study

- A 2010 Endocrine Disruption Exchange study determined that more than 75 per cent of chemicals used in fracking can affect the skin, eyes, and the respiratory and digestive systems.
- The non-profit group dedicated to researching health and environmental problems caused by exposure to chemicals found about 40 to 50 per cent of the chemicals could affect the nervous system, immune system, cardiovascular system and the kidneys.
- Twenty-five per cent of the chemicals are known to cause cancer.

A truck pulls out of an active wellsite in the Lochend area near Cochrane, Alta., on April 7. MATT KIELTYKA/METRO IN VANCOUVER

cut into the land by its snaking rivers, forests and swampy muskeg. Welcome to industry. It means jobs and loads of money. But getting the gas out of the ground at the state of fracking in Canada and the potential health implications

OF FRACKING

Wagar, who breeds horses, says the mares had fewer foals the year of the sour gas leak. EMILY JACKSON/METRO IN VANCOUVER

Gerlinsky and Wagar walk down the road to visit their horses. Due to Wagar's health problems, she plans to sell half the herd. EMILY JACKSON/METRO IN VANCOUVER

Striking a sour note even now

"It hasn't gotten better. ... There's always a pain there." Glenda Wagar, horse breeder

at 10:45 a.m., approximately 30,000 cubic metres of natural gas containing approximately 6,200 ppm (parts per million) of potentially lethal — though the commission classified it as "low level of toxicity" — sour gas were released into the atmosphere.

Encana, through a Community Environmental Justice Forum, paid out $250,000 in compensation to the Pouce Coupe fire department, emergency evacuation preparedness programs at Tate Creek Community Centre and Ducks Unlimited Canada wetlands projects.

"Encana took full responsibility for the failure and deeply regrets its occurrence," said Encana spokesperson Doug McIntyre in an email to Metro. "Encana implemented a number of mitigation measures including recommendations from the B.C. Oil and Gas Commission to help prevent this type of incident from happening in the future."

But having lived through the ordeal, Wagar says her health, especially her respiratory system, has been permanently damaged.

"I was coughing and my eyes were watering and I had a hard time breathing," she said.

Doctors, through X-rays and breathing tests, told Wagar her lungs are "compromised" but can't link it to the gas leak.

The dizzy spells she experiences since the leak mean Wagar can't drive for long distances and that she's been unable to continue working as a social worker.

She also can't ride horses much anymore, the love of her life since she was five years old.

Time has not restored Wagar's faith in the gas industry, especially as fracking operations in northeast B.C. expand to feed the province's liquefied natural gas dreams.

"Like I told Encana, 'You should have been finding dead people,'" she said, stone-faced.

Time also does not heal all wounds. "It hasn't gotten better. The dizziness is getting worse and the pain in my chest is the same. It hasn't gotten worse or better," she said. "There's always a pain there."

Liquefied natural gas. It's a pipeline to prosperity for B.C.'s Fort St. John

The short drive from the North Peace Regional Airport to the municipality of Fort St. John, B.C. reveals much about where the wealth of the northeast of the province lies.

It's no Vegas strip, but signs welcome you to the "Energetic" north as modern new corporate offices for Shell Canada, Talisman Energy, Canadian Natural Resources, Can-Am Geomatics B.C. and the B.C. Oil and Gas Commission line the road into "B.C.'s Energy Capital."

The region has sizeable forestry and agriculture industries, but make no mistake: Peace Country is gas country.

And gas country has been good to Fort St. John, a fast growing city of approximately 21,600 people making an median family income of $98,643.

By contrast, the median family income in Canada was $76,511 in 2010.

Creating a community

"Ten years ago, 50 per cent of our roads were gravel with open ditches. Streetlights were pretty much non-existent and sidewalks were non-existent," said Fort St. John mayor Lori Ackerman. "We have been able to get those roads redone, and paved, curbed and guttered. We've got rec facilities. The reality is we have been working very hard to create a community where young professionals are going to enjoy life."

The growth, she said, has been attributable to a natural gas industry that has taken advantage of hydraulic fracturing to extract the region's abundant supply of shale gas.

More than 9,000 wells have been drilled in the province since 2005, the vast majority of them in this corner of B.C.

Representing just two per cent of the voting population, Ackerman is quick to point out the region and the oil and gas industry ("There's very little oil. I think we say oil and gas simply because it rolls off the tongue better") have been living in relative obscurity for decades.

Fort St. John Mayor Lori Ackerman discusses the anticipated boom in natural gas extraction. EMILY JACKSON/METRO IN VANCOUVER

Spectra Energy's McMahon gas processing plant in Taylor, B.C., is seen from the Alaska Highway on April 29. MATT KIELTYKA/METRO IN VANCOUVER

Striking it rich

+$22,132

Families in the gas-powered city of Fort St. John, B.C., make $22,132 more than the national median income.

Lucrative resource

But that changed when British Columbia Premier Christy Clark pinned the province's future on liquefied natural gas (LNG) and exporting northeast B.C.'s most lucrative resource to emerging Asian markets.

The trillion-dollar industry (a combination of gas extraction in northeast B.C. and processing and export by sea in the northwest) will create 100,000 jobs and eradicate the provincial debt, Clark promises.

David Hughes, a former geologist with the Geological Survey of Canada and current president of Global Sustainability Research, forecasts up to 50,000 new wells would have to be drilled over the next 27 years to meet the 14.6 billion cubic feet per day demands of the seven LNG export applications already approved by the National Energy Board as of January.

That would increase B.C.'s gas production to nearly 50 per cent more than what all of Canada currently produces.

Potential risks

That's grabbed the attention of not just investors, industry and government, but also environmental groups, First Nations and academics worried about the potential environmental and health risks associated with widespread fracking.

A human health assessment is underway for the Ministry of Health and documents leaked to The Canadian Press in April show B.C. Environment Ministry staff is worried methane emissions from fracking "can have a significant impact on overall emissions."

All of a sudden, all eyes are on Fort St. John.

Ackerman — who has four children working in the oil and gas industry and says there's never been a cause for fear — doesn't know if the provincial government's claims are legitimate. She's too busy dealing with the real world.

The city is currently going through a boundary extension and the population is projected to nearly double — to 40,000 — in 10 years, regardless of whether LNG pans out or not.

Her city needs doctors, nurses, schools and amenities to keep up with the growth gas extraction and the proposed Site C hydroelectric dam will bring.

Unprecedented expansion

From coast to coast, there's a huge demand for skilled workers in this remote region east of the Rocky Mountains.

"There's going to be development. It's going to get more bustling," she said. "If we're going to take advantage of the opportunities in front of us, I think LNG has to be in consideration. I'm not sure where in this province — until our forestry gets back on its feet — we'd see any other revenue sources from."

As the industry gears up for unprecedented expansion, Ackerman believes it's advanced and responsible enough to do so without harming its neighbours. MATT KIELTYKA/METRO IN VANCOUVER

MORE IN OUR FRACKING SERIES

Thursday

- **The industry.** What's being done to keep people safe.

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Thinglink.** What is fracking?

Hoppie heads home

Hoppie, the sea lion rescued after being found at an almond orchard a mile away from any water, heads for the surf during his release back to the wild at Chimney Rock Tuesday in Point Reyes National Seashore in California. The male California sea lion pup was treated for malnutrition and skin mites at the Marine Mammal Center in Sausalito, Calif., after being found at the Mape's Ranch in Modesto on March 31. Two other sea lions were released along with Hoppie.

ERIC RISBERG/THE ASSOCIATED PRESS

Ford didn't enter U.S. last week, reports say

Whereabouts remain a mystery. Toronto mayor's lawyer asks media to take a step back and 'let the man do his rehab'

Rob Ford did not officially enter the U.S. when he flew to Chicago last week bound for rehab, reports said Tuesday, but his lawyer insisted "100 per cent" that the Toronto mayor is getting in-patient substance-abuse treatment.

Ford's whereabouts remain a mystery, and lawyer Dennis Morris said they should stay that way.

"The media should, I don't know, put things on pause a little bit," Morris said in an interview. "Let the man do his rehab. Once he gets out we can just see how it worked."

Ford left home last week after announcing he was taking a leave of absence and suspending his re-election campaign to seek "immediate" help for alcohol abuse.

Toronto Mayor Rob Ford, seen leaving his home last Thursday, did not officially enter the U.S. when he flew to Chicago last week, reports said Tuesday, but his lawyer insisted Ford is getting treatment. FRANK GUNN/THE CANADIAN PRESS

He announced the decision hours after the Globe and Mail reported that a drug dealer had shown two of its reporters video of Ford allegedly smoking what was said to be crack, reportedly recorded days earlier in his sister's basement.

The Toronto Sun also published an audio recording of Ford at a bar making anti-gay remarks, using an ethnic slur and saying he would like to "jam" rival candidate Karen Stintz. Morris said at the time that it was not possible to know what was in the pipe seen in stills from the alleged new video.

He also said that the mayor flew to Chicago, but was not in a program in that city.

The Globe and Mail reported Tuesday that when Ford landed in Chicago he voluntarily withdrew his application to enter the country and quoted the consul general of Canada in Chicago as saying Ford "was not denied entry, per se."

Morris refused to say where Ford ended up, but said he is in a treatment facility.

"I can't comment other than saying 100 per cent," Morris said, adding that the mayor is "doing very well."

News that a video appeared to show Ford smoking crack cocaine broke nearly one year ago. When the scandal reared its head anew in November, following Ford's admission that he had smoked the drug, he said he was seeking help from a team of professionals, though did not elaborate other than to say he was exercising.

"I don't think he misled anybody at the time," Morris said Tuesday.

"But it wasn't the extensive help that he's getting now because as you saw, whatever help he received wasn't as in-patient, so now it's different."

THE CANADIAN PRESS

Trinity Western. Christian law school taking legal action in three provinces

A Christian university in B.C. that has been under scrutiny for its policies around homosexuality is taking legal action in B.C., Ontario and Nova Scotia.

Trinity Western University says it is launching lawsuits in Ontario and Nova Scotia, where the provinces' bar associations have voted not to accredit graduates of the school.

The university says it will also apply to be added to a lawsuit in B.C., where Toronto lawyer Clayton Ruby is suing the provincial government over its decision to approve the law school.

Critics have argued the school's so-called community covenant, which forbids sex outside heterosexual marriage, will lead to discrimination against gay and lesbian students.

University president Bob Kuhn says the Ontario and Nova Scotia law societies are sending the message that religious people cannot hold on to their values and participate in society.

Kuhn notes the Supreme Court of Canada ruled in the school's favour in 2001 in a similar case related to the accreditation of its teaching graduates. THE CANADIAN PRESS

Auditor general's report: 4 facts

Auditor General Michael Ferguson delivered his spring report to Parliament Tuesday. Here are the four things you need to know:

THE CANADIAN PRESS

Overcrowding still a problem in prisons

The prison system has met its immediate need for cells, but has not figured out how to deal with the long-term problem of crowding, especially since federal law-and-order legislation promises to keep more people behind bars for longer periods. The audit says there is already overcrowding in some regions as prisoners are bunked two to a cell — and the problem could get worse.

Policing in First Nations isn't measuring up

The First Nations policing system is not working as intended and some of the police services fail to meet provincial policing legislation and standards. The audit found that First Nations don't have enough say in negotiating policing agreements. The Public Safety Department doesn't know whether First Nations police facilities, such as jails, police stations and accommodations, meet fire and building codes or provincial standards.

Public pension plans need more oversight

Public-service pension plans, covering public servants, Mounties and the military, are not regularly assessed for sustainability. The audit says the Treasury Board should assume a greater role in overseeing the plans, because prolonged low interest rates, lower-than-expected returns on assets and longer life spans could end up costing taxpayers billions.

StatsCan job data not giving a clear enough picture

The country's top survey on job vacancies is too vague and doesn't provide much value to governments and other users. Statistics Canada needs to better address the needs of those outside the federal government who use its data, especially when it comes to job-vacancy data. The auditors say the agency must find better ways to deliver data on small areas and smaller populations.

WestJet Airlines, Air Canada rivalry reaches new heights

Increased competition.
Calgary airline could give Canada's largest carrier a run for its money if its 'value-based' global service gets off ground

Clive Beddoe, chairman and co-founder of WestJet Airlines, speaks at the company's annual general meeting of shareholders in Toronto on Tuesday. DARREN CALABRESE/THE CANADIAN PRESS

WestJet Airlines says it could take its rivalry with Air Canada overseas by launching an international service using large wide-body aircraft.

The Calgary-based airline said Tuesday the new service could be in place in one-and-a-half to three-and-a-half years, if its board gives the green light. WestJet has been discussing the move with its pilots and also meeting with potential airplane lessors and manufacturers.

"So no decision made yet, but we're getting all the pieces in place to be able to make a good decision," president and CEO Gregg Saretsky said during a conference call to discuss its first-quarter results, which saw a lower profit.

WestJet is already getting into the European market by launching service next month to Dublin from St. John's, N.L., using its narrow-body Boeing 737 aircraft. It said demand is so strong the seasonal service will be extended by about three weeks to Oct. 25.

"All of that gives us great confidence that there is strong demand for a value-based international product that WestJet is looking to pursue," Saretsky said before the airline's annual meeting in Toronto.

He declined to say how many large planes could be added to its fleet, or which destinations could be served. THE CANADIAN PRESS

The European Union. Britain, 10 EU countries butt heads over new tax

A group of 10 European Union countries has agreed to introduce a financial transaction tax from 2016 onward, in an effort to curb speculation and claw back revenues after governments had to bail out banks.

The nations — including economic heavyweights Germany, France, Italy and Spain — will initially tax only the trading of shares and some derivatives, according to a joint statement published Tuesday on the sidelines of a meeting of the 28-nation bloc's finance ministers.

The levy's scope won't be as broad as supporters initially hoped, but the countries said they hope to reach agreement on a tax that would include trading in most financial products later on.

The EU estimates a broad levy could yield some $42 billion US in additional annual tax revenues.

Austrian Finance Minister Michael Spindelegger, who played a leading role in the tax negotiations, said the group will now work to overcome remaining practical hurdles to finalize the legislation by the end of this year.

European officials started pushing for the tax following the 2008-09 financial crisis when governments had to spend hundreds of billions of taxpayer money for bailouts to avoid a complete meltdown of the financial system. Still, they failed to muster the required unanimity for an EU-wide solution. THE ASSOCIATED PRESS

Heavyweight

Britain, which is home to the bloc's biggest financial hub, the City of London, is strongly opposed to the plan, saying it's a populist measure that will harm the economy and undermine banks' global competitiveness.

Bankruptcy

Jacob Inc. is going out of business

Women's clothing retailer Jacob Inc. has filed for bankruptcy and will be liquidating inventory at all 92 of its stores across Canada in the coming weeks.

The Montreal-based company has been under creditor protection since 2010 and underwent operational restructuring. But the company says it was unable to make the business profitable or find new financiers. THE CANADIAN PRESS

Claws are out

Nestlé has a dog in this fight over premium pet food

Nestlé Purina PetCare Co. filed suit Tuesday against Blue Buffalo Co. Ltd., accusing its competitor of misleading consumers about the ingredients in its dog and cat foods.

The lawsuit accuses Wilton, Connecticut-based Blue Buffalo of false advertising, disparagement and unjust enrichment. THE ASSOCIATED PRESS

Subway tests hummus

The 'nutritionally aware' generation

Subway is testing hummus and thinner slices of deli meats that look more appealing as it looks to keep pace with changing eating trends.

The test may appeal to millennials, who are more "nutritionally aware" than any other past generation, said a Subway executive. He predicted their eating habits will force the restaurant industry to adapt their menus. THE ASSOCIATED PRESS

Market Minute

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CINCO DE MAYO, LOS BANDITOS & LIME

JUST SAYIN'

Paul Sullivan
metronews.ca

One of the funniest classic Monty Python sketches features legendary 18th century highwayman Dennis Moore accosting a stage coach and demanding that the occupants "Hand over all the lupins you've got!"

"Lupins?" asks the puzzled victim. "You mean the flower, lupin?"

"Yes, lupins. Come on, come on."

"Well, we haven't got any lupins."

It goes on. Laugh if you will, but truth is stranger than fiction.

Mexican drug cartels are muscling in on the fruit crop — limes, in particular.

Yes, limes, the little green citrus fruit. Turns out Mexico is the world's leading exporter of limes.

Drug cartels, finding it increasingly difficult to get drugs across the U.S. border, are running extortion rackets on lime growers, threatening dire consequences like burning down the farm unless the growers fork over a percentage of their crop.

The crop was already suffering the effects of a rough winter, even by Mexican standards. One cartel, the so-called Knights Templar, based in the Michoacan, the main lime-producing centre of Mexico, saw an opportunity to profit from the shortage and squeeze the farmers, and their limes, dry.

This dastardly lime crime comes at a bad time: Cinco de Mayo. Limes are an essential compañero to a full array of celebration beverages: mojitos, margaritas, and of course, the ever-popular cerveza.

Back in January, limes sold for an average $22 US per case. Since the desperadoes got involved, the price has skyrocketed to $100 US a case, and as much as $1.54 per lime (in Calgary). Airlines have removed limes from the menu, substituting lemons instead.

So far, no one has demanded that we hand over our lemons.

Really, it's only a matter of time. The cartels are already starting to move into the avocado market. Holy guacamole, Batman!

It was bad enough when these banditos were exploiting human misery and addiction, but now that they are having an impact on our very guacamole, they've gone too far. Call in the GEA (the Guacamole Enforcement Agency)!

You can imagine what's going on in Hollywood right now. Screenwriters and directors are huddling over beer and lemons, pitching concepts featuring supermodels who track down lime bandits and cross the border to recover the contraband fruit shipments and restore them to their rightful owners.

Meanwhile, in the "real" world, lime farmers have actually formed vigilante groups to fight back against the cartels. Fearing further Cinco de Mayhem, the Mexican military has moved in, demanding that the vigilante groups dissolve by El Decimo de Mayo. Talk about a Mexican standoff.

Enjoy that dip while you can, amigo, and pray the guacamole bandits don't go after our lupins.

ZOOM

Turns out it was just a reflector

Fast-changing lighting made this photograph a challenging one to capture. "With the late afternoon sun, the whole area was changing in appearance minute-by-minute," said photographer Darrell Staggs. Staggs used a glare-reducing polarizing filter "to capture the full reflection of the canyon wall, but also retain the 'shadow' reflection of the hiker." PETER MACDIARMID/GETTY IMAGES

A real cliffhanger ... actually it's a fake one

This image seems to show a hiker teetering on a cliff's edge, but a closer inspection reveals that it's a pool of water acting as a perfect mirror for canyon walls.

The optical illusion picture, taken in Glen Canyon in Utah, is a winning entry in this year's Share the Experience photo contest, which celebrates America's national parks in pictures.

METRO

But what is real, anyway?

Staggs, who now specializes in optical-illusion photography, hopes that viewers will appreciate how "the contradictions in the image begin to give way to the truth of the reflection," and thus see the picture's artistic side.

"This is how a photograph can transition into 'art' — a photo to look at, and art to think about."

METRO

Photog's view

"Even though I've looked at it countless times, the picture remains an elusive illusion. It's difficult to discern what is really happening there."

Darrell Staggs, 50, chemical engineer & amateur photographer from Mooresville, Ind.

METRO AUGMENTED REALITY

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MetroTube

Japan comes by its eccentricity honestly

ANDREW FIFIELD
metronews.ca

If you're anything like us, you've spent a lot of time wondering how the Japanese manage to come up with an endless parade of curious, absurd, amazing, helpful and awe-inspiring ideas. Cat cafés. Love hotels. The world's most robust vending machine shopping. How do they come up with it all?

Well, as suggested by this lesson in Nakizumo — a rite-of-spring crying contest involving babies and gently antagonistic sumo wrestlers — Japanese have a centuries-old tradition of high-concept cultural development that paved the way for the wonderfully eccentric place it is today.

(Via Ronin Dave on YouTube)

GETTY IMAGES

metro

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See that symbol? It means you can scan the photo below with your Metro News app. Don't reply! Chef gets some social media advice.

Films to whet your appetite

Foodie movies. A new film starring Jon Favreau may offer some tantalizing food scenes, but it's not Hollywood's only foray into the kitchen

IN FOCUS
Richard Crouse
scene@metronews.ca

Jon Favreau (left) stars in Chef. CONTRIBUTED

Chefs are the Food Network's stock in trade. From Bobby Flay to Giada De Laurentiis, and Iron Chef to Top Chef, the delicious channel has created a cult of celebrity around the people who make our food.

A new film, Chef, takes a celebrity, actor Jon Favreau, and casts him as a restaurateur who has lost his way and desperately wants to reclaim his cooking cred.

In the film, he plays Carl Casper, a Los Angeles chef who hightails it to his Miami hometown when his fancy restaurant gets a scathing review from an online food critic (Oliver Platt). There he buys El Jefe Cubanos, a food truck he plans on driving across the country with his son (Emjay Anthony).

High on food porn — there's even a shrimp scampi seduction scene — and Cuban sandwich recipes, Chef is a movie that may whet audience appetites for other movies about the people that make our food.

In The Big Night, Stanley Tucci plays Secondo, owner of an Italian restaurant called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima. If Prima shows up, the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made (you'll want to go for risotto afterward) but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Ratatouille takes a different approach. An unusual cross between America's Next Top Chef and Willard, the Pixar movie does something no other film has been able to (not that a lot have tried): It makes rats cute. Lovable, even.

The story of a cooking rat is chef and TV presenter Anthony Bourdain's favourite food film. "They got the food, the reactions to food, and tiny details to food really right," said The Taste host, "down to the barely noticeable pink burns on one of the character's forearms. I really thought it captured a passionate love of food in a way that very few other films have."

Real chefs are featured in the documentary Spinning Plates. Weaving together three stories from a trio of very different restaurateurs, the film shows the personal and professional side of the food biz as well as the connection to the community that's so important for success.

It cuts through the Food Network's simplistic food-family-and-feelings approach with a tagline that sums up its philosophy: "It's not what you cook. It's why."

Nick Offerman

Actor joins A Walk in the Woods

The actor known for playing Ron Swanson on Parks and Recreation has just joined the cast of the indie film adapted from Bill Bryson's iconic book, TheWrap.com reports.

Nick Offerman will join Emma Thompson and Kristen Schaal in the supporting cast of A Walk in the Woods. Robert Redford and Nick Nolte will co-star as Bill Bryson and his hiking companion. THE ASSOCIATED PRESS

Sally Field, after more than three decades of winning her first Oscar, got a star on Hollywood's Walk of Fame. GETTY IMAGES

Sally Field. A (Walk of Fame) star is born

Oscar-winning actress Sally Field finally got a star on Hollywood's storied Walk of Fame on Monday, more than three decades after she earned her first Academy Award.

The 67-year-old joked about her roller-coaster career spanning five decades, including her Oscar-winning performances in 1979's Norma Rae and 1984's Places in the Heart.

"I've ridden the highs, and tried to learn from the lows," she said on Hollywood Boulevard, where her star is the 2,524th on the famous stretch of sidewalk perused by millions of tourists ever year, at the heart of Tinseltown.

At her star-unveiling ceremony Field said, "I've worked my whole life, and feel the many miles I have accumulated in this saddle. And I can tell you ... in these last 50 years I have not ever, not once, considered changing my mind."

Field, who was nominated for an Oscar last year for Steven Spielberg's historical drama Lincoln, appears in The Amazing Spider-Man 2, which has just topped the North American box office on its debut weekend. THE ASSOCIATED PRESS

Revealing the abstract Under the Skin

Experimental film. Director Jonathan Glazer's vision needs to be enjoyed as an experience of consciousness

CHRIS ALEXANDER
scene@metronews.ca

Scarlett Johansson is a humanoid alien vampire in a world she doesn't understand in Under the Skin. CONTRIBUTED

There's a striking sequence in director Jonathan Glazer's 2004 psychodrama Birth in which his camera holds tight on the porcelain visage of actress Nicole Kidman. As opera swells on the soundtrack, we continue to hold while observing her run the gamut of emotion, climaxing with a shot of a single crystal tear streaking her cheek…

It's a moment of poetry, wordless and beautiful and its ominous grace is amplified throughout every minute of Glazer's latest film, Under the Skin. The movie stars Scarlett Johansson as a humanoid alien vampire, driving through the streets of Edinburgh hunting for viral men whom she seduces and harvests as food for her planet. Or something. The picture is sparse on dialogue and narrative clarity and that's exactly what makes it such a profound — and disturbing — cinematic experience.

"I think of it as an experimental film," Glazer says.

"There is no mastermind approach towards daring the audience. It's more just the nature of this particular story that is challenging. What is challenging, I think, is once you commit to her experience, you're looking at it through her lens and in doing so, the film has to be told in the same perspective. So I think it's demanding, but it's like anything: If you're open to it, then hopefully you'll enjoy the ride. If you're not, then you won't."

Quoted

"I think its intention is to talk to the viewer at a level of consciousness."

Director Jonathan Glazer on Under the Skin

Under The Skin is nothing if not divisive. Impossible to market (Is it a science fiction piece? A horror film? Existential drama?), the film is an absolutely singular experience and aside from Glazer's dedication to the abstract, it's Johansson's remarkable, uninhibited turn (she is often unclothed) as the outsider adrift in a world she/it does not understand that makes it so compelling.

"That really is just about casting," says the filmmaker.

"It's about looking out there and seeing who the right person for the character is and for Birth it was Nicole and for this one, it was Scarlett. She went into it with her eyes open and she understood that she was dealing with a character that had a bravery that needed to be matched by hers as an actress. You can't pull back from that. If you pull back from that then you're pulling back from the telling of the story."

Reminiscent of heady '70s films like Nicolas Roeg's The Man Who Fell From Earth, Under the Skin is a subjective experience. Because it never overplays its hand or offers much in the way of exposition, each viewer will react to it differently. Such was its creator's intent. "I think its intention is to talk to the viewer at a level of consciousness. We bypass the intellect when we listen to music or when we look at a painting. I think film is a fantastic medium to be able to do the same. In how it's trying to represent something kind of unimaginable — this infinite and alien entity — it's not something for words, really. It shouldn't be explained away. Our intention was to protect its alienness, to remain inscrutable from beginning to end."

R&B singer Ledisi tells us The Truth

A fresh sound. Golden-voiced singer goes pop on her new record

CHRIS JORDAN
Metro World News

Quoted

"There are songs that will make you feel upbeat and songs about relationships that didn't work."

Ledisi, on her new album The Truth

What do Beyoncé, John Legend and Ledisi have in common?

They all performed at Michelle Obama's birthday party in January. For Ledisi, who has just released a new album called The Truth, it was, and it wasn't, just another day at the White House. The R&B singer has performed there multiple times.

"It's always the same feeling where I have an aha moment: 'Whoa, I can't believe I'm here," Ledisi says.

"(The President and Michelle Obama) make you feel so comfortable, it's like talking to friends or family members and they love music and people. They look you in the eye when they're speaking and you might be calm on the outside but inside, you're freaking out — they really appreciate my gift!"

The Obama-Ledisi connection became public in 2010 when Michelle Obama told People Magazine that "she's got that really pretty voice."

The voice, which has racked up eight Grammy nominations so far, should get broader appeal, thanks to The Truth.

The tracks have a bit more contemporary, poppier feel than the sultry ballads and jazzy excursions of her previous albums. The lead single, I Blame You, is an appealing mid-tempo R&B jam which showcases the soaring power of Ledisi's pipes.

"It's about wanting to open up to different audiences that I think I have been closed to," Ledisi says. "I wanted to open it up to younger audiences — if I've been ignoring them, it wasn't on purpose."

Ledisi, full name Ledisi Anibade Young, is a New Orleans native who moved to Oakland in her teens. She started out on the indie route with 2000's Soulsinger: The Revival and her major-label debut was 2007's Lost & Found on Verve.

Now, it's time for The Truth.

"There are songs that will make you feel upbeat and songs about relationships that didn't work," Ledisi says. "I'm embracing who I am and who I've become."

Ledisi's new album, The Truth, finds the sultry singer leaving behind her jazzier influences for a bigger, poppier sound. UNIVERSAL MUSIC GROUP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Megan Fox ALL PHOTOS GETTY IMAGES

Pregnant Megan Fox was 'constantly on the verge of vomiting' on TMNT set

Megan Fox admits that both her pregnancies with husband Brian Austin Green were complete surprises. "We can't let Brian near me anymore," she joked to Ellen DeGeneres during an interview. Joking aside, a pregnancy coming out of nowhere can be a bit stressful, especially if you're just starting production on Teenage Mutant Ninja Turtles, as Fox was. "It's an action movie and requires a lot of running and jumping and stunts. Anyone that's been pregnant knows your first trimester can be pretty rough and you're nauseous all day long," she says. "The producers would come see me in the morning in the makeup trailer and I would be clinging to a box of saltines. We kept pickles in the refrigerator for me, and I was constantly on the verge of vomiting."

Kate Hudson

How to lose a friend in a few years (if you're Kate): become 'not a nice person'

Former BFFs Kate Hudson and Jessica Alba are reportedly not the friends they once were, and it's all due to Hudson's change in attitude when she started seeing Muse front man Matt Bellamy, according to Radar Online. "It made Kate believe she is rock 'n' roll royalty and the next Gwyneth Paltrow," a source says. "Kate has wrecked the friendship, and Jessica pins the start of their troubles to the beginning of Kate's relationship with Matt a few years ago. Unfortunately, Kate has become not a nice person since she's been with Matt. It's sad, but Kate and Jessica's friendship is completely done. They used to be so close, too."

The Word

Ansel plays Shailene's bro in one film, lover in another

MELINDA TAUB
Metro World News

Usually, movie stars gush to the press that they can't believe how amazing their co-stars were. But Shailene Woodley, star of The Fault in Our Stars, is going around telling the press that she can't believe Ansel Elgort was cast at all.

It's not as mean as it sounds. She's actually a big fan of his. Woodley, who plays a terminally ill teen in The Fault in Our Stars, also starred in the recent dystopian thriller Divergent. In that film, Elgort played her brother, so Woodley was certain that their onscreen siblinghood would keep him from playing her love interest in TFiOS: the dreamy Augustus Waters.

"I actually didn't think at first that he would get it, or that even if he was good that he wouldn't get it, because of our relationship in Divergent," Woodley told E! Online.

It is unusual to see that kind of incestuous casting in back-to-back films, but Woodley says Elgort's just that good. "Everybody in the room was sort of like, 'Wow,'" she said.

But it's going to make the next Divergent movie a little weird to watch. I'll keep expecting Tris to make out with her brother.

And it was all mellow: Chris and Gwyneth continue to pal around

For a husband and wife who are "consciously uncoupling," Gwyneth Paltrow and Chris Martin seem pretty cool about hanging out together, according to People magazine. Last month, they joined forces for son Moses' 8th birthday — and this was after heading to the Bahamas for a family vacation following the announcement they were splitting up. And now they've been seen together again during a group dinner at Il Ristorante de Giorgio Baldi in Santa Monica, Calif., where sources spotted them smiling and laughing as they departed the establishment post-dinner with friends.

Gwyneth Paltrow

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See that symbol? It means you can scan the photo below with your Metro News app for more images from the Okanagan Valley

Deserts and mountains and vineyards, oh my!

The Okanagan Valley. Want to forget this brutal winter? This spring, take a trip through some of the nicest wine country in Canada

DOUGLAS PATON
life@metronews.ca

These views will have you Kelowna-fornia dreaming. CONTRIBUTED/TOURISM BC

There's something almost surreal about the view.

The snow-frosted mountain contrast starkly with the 20-plus-degree temperatures, blue skies and the cherry blossoms that surround you on the valley floor. But, from your vantage point, sitting on a winery patio with a glass of wine, and enjoying the weather in short sleeves and flip-flops, it's just what you need to shake off the winter blues from a season that felt like it was ushering in a new ice age.

Nestled between the Monashee Mountain range to the east and the Cascade Mountains to the west, British Columbia's Okanagan Valley is one of those places that makes Canada a truly unique country.

With summertime temperatures that push into the 40s, without even a hint of humidity, and winters that usually only drop below zero long enough to harvest icewine grapes, the Okanagan has become one of the best wine producing regions in Canada.

For those looking to spend a long weekend jump-starting the summer, and who want a chance to experience what the wineries of the Okanagan Valley have to offer, there is no better time to visit than during the Spring Wine Festival, which runs until May 11.

For many of the wineries in the Okanagan, the festival, currently in its 20th year, is the perfect way to usher in the first crop of tourists for the year and to show off their new vintages. Many wineries host wonderful events ranging from food and wine pairings to grand soirées and it's possible to plan an entire weekend around those events.

For those who want a more self-guided tour, perhaps the single hardest decision you'll make all weekend is where to start. After all, there are over 200 award-winning wineries in the Okanagan, and you do only have three days.

Perhaps the best piece of advice I can offer is to find a central location and work from there. You're never really more than a hour's drive away from any one part of the Okanagan Valley, but the more centrally located you are, the less driving you have to do and the more wine you can enjoy.

Located approximately 60 kilometres to the south of the Kelowna airport, the town of Summerland offers up the perfect central location and the 14 wineries of the Summerland's Bottleneck Drive provide a fantastic sampling of what you can expect from the Valley, everything from award-winning sparkling wines to small-batch wines that sell out almost as soon as they're offered up for sale.

Like many places in the Okanagan, Summerland is not only about the wine. The Kettle Valley Steam Railway offers a scenic tour through vineyards, orchards and gulches and, for the hikers, you can't beat the view from the top of Giant's Head Mountain, almost smack dab in the middle of town.

Heading south from Summerland takes you past the wine country B.C. VQA Wine Information Centre in Penticton — which sells wine from many B.C. wineries and can help you plan out your route — through Oliver's Golden Mile and down into Canada's only desert region. The heat from the Northern tip of the Sonoran Desert helps the winemakers from the Oliver-Osoyoos Winery Association grow bold red wines.

Like all good things, every visit to the Okanagan must come to an end and, if you're like most people, you'll probably find yourself thinking, "I really wish I'd bought just one more bottle of wine to share with my friends back home." Rest assured, the Kelowna Airport has you covered with the only wine shop located beyond security in Canada. And, yes, you can take any wine you buy at the airport wine shop on the plane with you.

If you go...

- **The Spring Wine Festival.** Runs May 1-11 thewinefestivals.com.
- **Summerland's Bottleneck Drive.** bottleneckdrive.com.
- **Kettle Valley Steam Railway.** kettlevalleyrail.org.
- **BC VQA Wine Information Centre.** pentictonwineinfo.com.
- **Oliver-Osoyoos Winery Association.** oliverosoyoos.com.

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Live like a local when you're abroad

Authentic travel. Want to get a true taste of local culture? Here are some tips for stepping off the tourist track

ON THE MOVE
Loren Christie
life@metronews.ca

Having an experience that feels authentic to the destination is often a highlight of any holiday. But how does a tourist find those secret spots and have interactions that make them feel less like an outsider?

Book alternative accommodation. Instead of a hotel, stay somewhere that's off the tourist track, consider a bed and breakfast, check into a university residence (during the summer months) or rent a house in a residential neighbourhood.

You will be more exposed to the rhythms of everyday life taking out the garbage, chatting with the neighbours or shopping at the local grocery store.

Avoid the usual suspects. Ask a shopkeeper, waiter or stranger on the street where their favourite neighbourhood haunt is, whether it's a café, bar or restaurant.

Clarify that you are willing to travel and not necessarily looking for something close by. Don't ask the hotel concierge as they are often trained to send you to places designed to serve tourists.

Pick up a local entertainment paper and search the current listings for exhibits, clubs or concerts.

Do something on vacation that you would normally reserve for home. Go ahead and cheat on your stylist and get a haircut at that 1950s era barbershop on the corner, work out at the local gym or go to a church service. Watching people worship is an intimate cultural experience that can give great insight into a destination. Confirm in advance that you are welcome to participate, either actively or from the sidelines.

Also ensure that you are dressed appropriately; the last thing you want to do is offend someone.

Find your tribe. If you have a hobby that you love, whether it's knitting, books or cycling, try and hook up with like-minded locals. Research your destination for clubs, enthusiasts' groups or the local hangout. It's not only a great way to see a new destination, but meeting people who share common interests increases your chances of a striking up a conversation, which could lead to other tips, advice and discoveries.

Take it online. Many the trip-sharing advice sites like TripAdvisor.com are useful in helping you find those hidden gems.

Follow the Twitter handle of the city that you're visiting for updates on local events or download one of the numerous apps that offer insider opportunities.

EatWith, for example, connects travellers interested in a home-cooked meal with a host willing to welcome them in to their private dining room.

Connect with your tribe when abroad: Find people who share your interests — like cycling. ISTOCK

Bucket List

Sailing on the Bosphorus

All the great waterways of the world have their enclaves of amazing homes. But when it comes to the wooden Ottoman waterfront mansions that line the infamous Bosphorus Strait, separating the European and Asian sides of Istanbul, Turkey, you're in for some prime sail-by gawking. These "yali" are generally secondary "beach" houses, built between the late 1690s and the early 1900s by wealthy families of the region. On the rare occasion when one goes on the market, the ticket price ranges an astronomical $85 million to $200 million, with the reasoning being, according to a tour guide, that "there are many houses to buy in this world, but only one Bosphorus."

DOUG WALLACE/METRO

How-to

Jazz up your travel experience

1. You don't have to sleep at the fancy hotels to enjoy them. Pop by for a drink at the bar before you head out for dinner.

2. Ditto brunch (such as at Cecconi's Miami Beach, above). Or even better, high tea.

3. Triple ditto if the posh hotel has a nightclub that's on the DJ circuit.

4. Some hotels will let you hang out at their pool for the day for a small fee, especially in areas with a high density of tourists.

5. Swank hotel lobbies make for excellent people-watching — and that's free.

DOUG WALLACE/METRO

Trend

CONTRIBUTED/EDEN ROC

Canadian women travel more

Chalk another one up for the importance of "me time." A new survey from hotel-finding giant Booking.com reports that Canadian women travel solo more often than women in any other country except Australia, with whom they are tied. A whopping 76 per cent said they have headed to the airport alone before. Escaping their daily lives tops the lists of reasons respondents gave (at 62 per cent), with spa holidays, beach escapes and shopping trips voted as the preferred travel themes.

DOUG WALLACE/METRO

Deal

Aeroplan hooks up with Shop.ca

Aeroplan announced last week it has signed a deal with Shop.ca that will allow Aeroplan members to earn travel miles on purchases they make at the popular online marketplace. Perks include free shipping and returns — and for a limited time, Aeroplan members can earn 15 miles for every dollar they spend on their first purchase at Shop.ca. Keep an eye out for the regular special deals that will inevitably ensue.

DOUG WALLACE/METRO

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Grilling made fancy: Pesto Salmon

Quick dinner. This dish is easy enough for a weeknight meal and sophisticated enough for a entertaining guests

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for a fast dinner for the week that can double for a fun weekend get together?

This is the one.

Salmon is so fast and easy to grill up and enjoy during the week, but also a great meal to share with friends.

This simple but elegant supper also uses fresh in-season asparagus to showcase great colour, texture and crispness right off the grill.

With a hint of lemon, it's the perfect accent to the salmon. Steam up your favourite fragrant rice to round out your plate or better yet, change it up and serve it all over a bed of greens.

Get your grill ready and try out this inspiring recipe to get you in the mood for summer.

Ingredients

Pesto
- 2 tbsp (30 ml) light mayonnaise
- 2 tbsp (30 ml) chopped fresh Italian parsley
- 1 tbsp (15 ml) store-bought basil or sundried tomato pesto or Dijon mustard
- Pinch freshly ground black pepper and salt
- 4 boneless salmon fillets, skin on (about 600 g total weight)

Grilled Asparagus
- 1 lb (454 g) asparagus spears
- 1 tsp (5 l)) extra-virgin olive oil
- 1/4 tsp (1 ml) black pepper
- 2 tbsp (30 ml) fresh lemon juice
- Lemon wedges

FLASH FOOD
From your fridge to your table in 30 minutes or less

1. In small bowl, whisk together mayonnaise, parsley, pesto, pepper and salt. Spread the pesto evenly over top of salmon; set aside.

2. Grilled Asparagus: Snap tough ends of asparagus off and discard. Toss spears with oil and pepper.

3. Place fillets and asparagus on greased grill over medium-high heat. Close lid; cook 10 minutes or until fish flakes easily when tested with a fork and asparagus is tender crisp. Drizzle asparagus with lemon juice.

This recipe makes six servings. EMILY RICHARDS

SPECIAL INSERT ON MAY 12

Watch for your copy of **RIDE** in METRO on Monday, May 12.

From its top-selling Civic and booming assembly plants in Alliston to the Toronto Indy races and its new Green Car of the Year, Honda and Canada are a good fit for one another. Read all about it in our 12-page **Honda RIDE** special section.

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Is there something in your schedule that's causing you a particular amount of stress? Tackling it during your peak prime-time hours will likely result in a much more productive day. ISTOCK

Are you a morning person or night owl?

While some of us accomplish more work before breakfast than for the rest of the day, others hit their stride after dinner.

Peak performance times are deeply personal, and don't always sync with work schedules and life responsibilities.

Once you determine your own prime time for getting things done, there are many ways to take advantage of it and accomplish more.

Protect your prime time

Micromanaging your schedule to ensure you don't take on too much makes it more likely your prime time can be focused on priority tasks.

Try to block out many of those peak performance hours on your schedule and consider them sacrosanct and non-negotiable.

"The most productive people know how to say no (when they are fully committed), but most importantly, they know how to delegate and outsource," says Joanna Cohen in Inc. Magazine.

If appropriate, consider hiring a virtual assistant to help with administrative or technical tasks. Alternatively, look through your network for possible collaborators and team up to accomplish more.

Plan ahead for productivity

Productivity experts recommend matching your most difficult tasks to your most productive times.

For many of us, that is first thing in the morning. Importantly, "the first thing you accomplish at work sets the tone for the rest of the day," explains Gina Trapani. To kick-start your workday with a quick and significant win, Brian Tracy recommends you "eat the frog first" — tackling the most high priority (and perhaps dreaded) task on your desk before getting lost in the busywork of email or being distracted by coworkers.

"When you use your most productive hours, you can make a lot of progress," writes Laura Vanderkam, "and that progress is motivational."

Manage microtasks

Keep a list of micro-tasks for those small gaps in your schedule.

What items can you accomplish in transit, or on your phone? Make it a habit to postpone non-critical email responses and use read-it-later apps like Evernote or Pocket, so your phone can be a productivity tool in moments of microboredom and downtime.

"Always have an article to read for times when you are standing in line, on a bus, or waiting for an event to begin," advises the SuccessfulAcademic blog, "use all those little bits of time" to your advantage.

Time management — energy management

We know time is our most precious and finite resource.

Paying closer attention to the choices we make about how to spend it may explain why we find ourselves exhausted at the end of the day, with too many unfinished tasks.

"Monitor your working habits for one week and list the time you managed to do the most work," Prime Sarimento writes in Lifehacker.

Over time, inevitably a pattern will emerge, indicating your peak hours for creative and constructive work.

To shield those precious hours from the time-sucks of social media and email, check out and consider installing some social blocking and inbox management apps.

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Start the week off right

Don't be surprised if on reflection you find that Monday and Tuesday are your most productive days of the week.

- Research shows this is the case for most of us, and the challenge is to capitalize on and continue that positive momentum as the week progresses and we get bogged down and pulled in different directions.
- Among the most highly rated apps to help you finally get on top of and manage your weekly workflow and professional projects are Handle, Trello, and Mailbox – definitely worth a look if you're seeking high-tech help to optimize your personal prime time.

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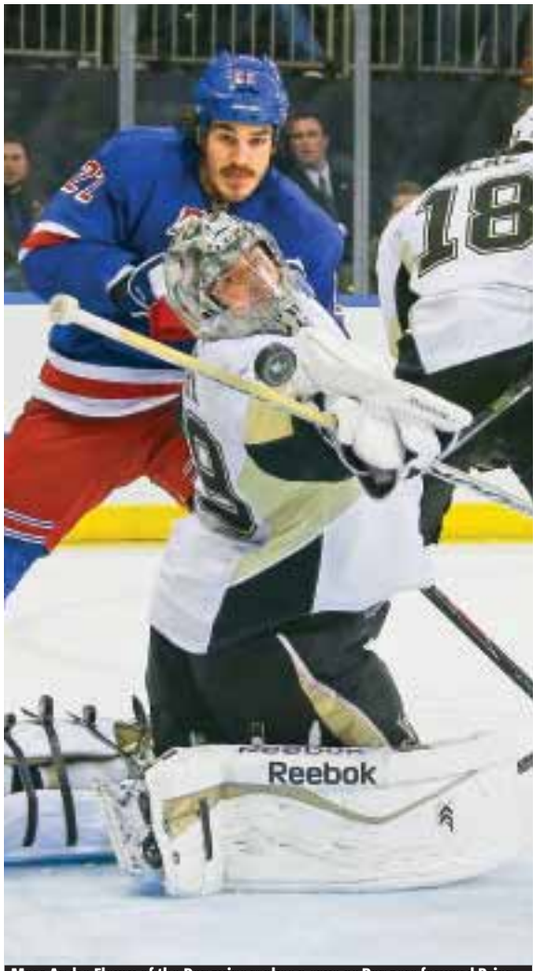
Penguins' 'Flower' is blooming in May



Marc-Andre Fleury of the Penguins makes a save as Rangers forward Brian Boyle looks on during Game 3 of the Eastern Conference semifinal series on Monday night at Madison Square Garden. BRUCE BENNETT/GETTY IMAGES

NHL playoffs. After Fleury's back-to-back shutouts, Pens looking formidable in Round 2

Before this Eastern Conference semifinal series, the one spot where the New York Rangers seemingly had a clear advantage over the Pittsburgh Penguins was in goal with Henrik Lundqvist.

The King has been good for three games, but Penguins counterpart Marc-Andre Fleury has gone from shaky question mark to star of the series with shutouts on consecutive days.

Suddenly Pittsburgh is dominating, and its 2-1 series edge feels a whole lot wider.

"He is 10 out of 10," defenceman Kris Letang said Tuesday. "For the guys in the dressing room, Flower has always been our go-to guy that shows up every night and gives us a chance to win.

"Since the playoffs began, he has been our best player."

Letang is hardly alone in that assessment.

Since a 3-2 overtime loss in Game 1, Fleury has been perfect. He stopped 22 shots in Pittsburgh's 3-0 home win in Game 2 on Sunday and followed that with a stellar 35-save performance in the Penguins' 2-0 victory at Madison Square Garden on Monday.

"I felt good out there. Confident," Fleury said. "We didn't want to give them much, and we didn't."

Forget about the guy who faces constant criticism, or the one who seemed to be crashing and burning during the first round against Columbus.

Through it all, Fleury keeps bouncing back.

"I have won a lot of hockey games with Marc-Andre Fleury in net," Penguins coach Dan Bylsma said. "There are questions from when he was 17, 18, whatever. They have been asking those questions for a long time, and he has done nothing but answer those questions."

That wasn't the case a year ago when Fleury had a miserable first-round series against the New York Islanders and lost his starting job to veteran Tomas Vokoun.

After time with a sports psychologist last summer, Fleury regained his starting spot. Now he is the biggest reason the Penguins are two wins away from a return trip to the conference finals.

"To see your goalie confident like that, on top of his game, you see everyone is calm," said Penguins captain Sidney Crosby, whose first goal of the playoffs made it 1-0 in Game 3. "(The Rangers) get a chance, he makes a save, and we move on."

THE ASSOCIATED PRESS

Lost their stride?

1937

Until Monday night, the Rangers hadn't been shut out in consecutive playoff games since the 1937 Stanley Cup final against Detroit.

NBA

Warriors tire of Jackson drama

The Golden State Warriors have fired Mark Jackson, ending the franchise's most successful coaching tenure in the past two decades but also one filled with drama and distractions.

The Warriors went 47-35 last season and had a memorable run to the second round of the playoffs, and they were 51-31 this season before losing to the Los Angeles Clippers in the first round.

THE ASSOCIATED PRESS

NHL

Laviolette lands with Predators

The Nashville Predators hired Peter Laviolette, who becomes only the second head coach in the franchise's history, on Tuesday.

He coached Carolina to a Stanley Cup in 2006 and took Philadelphia to the Stanley Cup finals in 2010.

THE ASSOCIATED PRESS

NHL playoffs

"I was mad, and I'm still mad. I want to win, and when we don't win, I get mad."

Anaheim captain Ryan Getzlaf, whose Ducks are trailing the Kings 2-0 in their Western Conference semifinal series going into Thursday night's Game 3 in Los Angeles.

Solo singles Sinclair out as soccer's best

It's one thing when your teammates think you're the glue that binds Canada's women's soccer team, but it's something else entirely when one of your rivals thinks you're literally the best in the world.

"I've said for a long time that I believe, in my humble opinion, that Christine Sinclair is the best player in the world," said Hope Solo, the goalkeeper for the U.S. women's national team Canada will play Thursday in Winnipeg in a friendly.

That means Solo ranks Sinclair above Brazil's Marta — a five-time FIFA World Player of the Year — and even her own teammate Abby Wambach, who has scored more goals than Sinclair or anyone else in women's soccer.

"She plays both sides of the ball," Solo said. "Marta, she gets the ball with her feet, she can score goals. But Christine Sinclair, she reads the game, she passes, she gets assists and she's dangerous every time she gets the ball."

Sinclair and Canada will need every bit of talent and skill they can muster to beat the No. 1-ranked Americans. Canada, ranked seventh in the world, hasn't beat the U.S. since 2001.

As for stepping to the spotlight Solo and others would like to shine on her, Sinclair remains reticent as ever.

"It's not always something I've embraced because it's a team sport and I've always said that, you know, you can't be the best if you haven't won anything," she said after practice Tuesday.

THE CANADIAN PRESS

On the surface

"The reality is the World Cup would never be played on turf if it were the men."

U.S. forward Abby Wambach, noting there were pebbles and even nails on Investors Group Field on Tuesday — one of the sites for the 2015 World Cup — as workers renovate the press box and other parts of the stadium.

Christine Sinclair, the world's best player according to U.S. keeper Hope Solo. TORSTAR NEWS SERVICE

NBA. OKC's Durant wins first MVP trophy over LeBron, Blake Griffin

Kevin Durant has plenty of scoring titles. Now, he finally has an MVP trophy to go with them.

The Oklahoma City Thunder star won the NBA's top individual honour Tuesday, grabbing 119 first-place votes. Miami's LeBron James, who had won the last two MVP awards and four of the previous five, finished second with six first-place votes and Blake Griffin of the Los Angeles Clippers was third.

Durant, a 6-foot-9 forward, won his fourth scoring crown in five years this season by averaging 32 points per game. He helped the Thunder finish the regular season with a 59-23 record, second-best in the league, despite playing much of the season without three-time All-Star Russell Westbrook by his side because of a nagging knee injury.

"He's been the most consistent guy all season long," Westbrook said at the end of the regular season. "He's done a great job of leading us to where we are now. He's basically put himself in front of everybody else in the league and shown that he's the best player in the world."

Durant's run of 41 consecutive games this season with at least 25 points was the third longest streak in NBA history. In all, he scored at least 40 points 14 times. He also averaged 7.4 rebounds and a career-high 5.5 assists while shooting 50 per cent from the field.

THE ASSOCIATED PRESS

Thunder forward Kevin Durant was named this season's NBA MVP. SUE OGROCKI/THE ASSOCIATED PRESS

Dethroned

"Much respect to him and he deserves it. He had a big-time MVP season."

MVP runner-up LeBron James

Toronto Raptors head coach Dwane Casey addresses the media Tuesday after the end of the team's season. GALIT RODAN/THE CANADIAN PRESS

Toronto 'all in' on Raps coach Casey

Three-year deal.
GM, coach planned on new deal long before team's playoff run

Dwane Casey has been carrying around a contract in his briefcase for the past few months, signed by all the Toronto Raptors and the team's staff.

The contract, just two or three lines long and something that "wouldn't hold up in court," Casey said laughing, was a pledge of commitment. Its headline: "I'm all in."

Perhaps no one was more committed than Casey to the Raptors' success this season, and on Tuesday, the 57-year-old coach was rewarded with a new three-year contract. The announcement came two days after Toronto's season ended, but a couple of months after GM Masai Ujiri first approached the coach to get a deal done.

"Coach Casey was really classy because he said to me and he said to the players, 'Let's leave this and concentrate on the season, this is our chance to prove ourselves,"' Ujiri said, recounting his initial contract talks with Casey back in March.

"He said, 'If I've preached that to the players, then I owe it to them to continue this and we'll talk about (contract negotiations) after the season.' I really give him credit for that."

Casey led a young Raptors team to a remarkable and unexpected season that included a franchise-record 48 wins, an Atlantic Division title, and the No. 3 seed in the playoffs. Toronto pushed the vastly experienced Brooklyn Nets to seven games in the opening round, losing Game 7 by just a point.

Off the market

"I didn't even give it a second thought. My heart is here, my mind is here."

Dwane Casey, on signing elsewhere.

Casey said he drew up his "I'm all in" pledge right after the February all-star break. In their next game, the Raptors recorded a big 103-93 win at Washington.

"(It was about) committing to the process. Leaving their egos at the door," said Casey, who said he might have the contract framed. "Each player dedicated themselves, gave themselves to the season, and also as far as I'm concerned to the future. Because this year was just a start of what we want to grow and develop with Masai as our leader and also the guys that are coming back here."

THE CANADIAN PRESS

Raptors president and general manager Masai Ujiri speaks to the media. GALIT RODAN/THE CANADIAN PRESS

GM Ujiri looks to stay the course

The euphoric feeling Raptors fans have today after the best regular season in franchise history and a compelling playoff series needs to be tempered with one cold, hard fact.

General manager Masai Ujiri is not about to make any grand splashes this summer so his team can make another seismic jump up the standings.

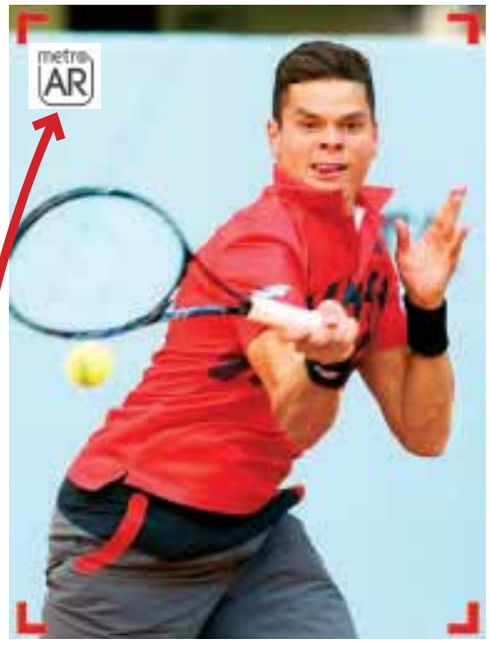
He remains steady as she goes, fully aware there may be hiccups in the process.

"To me, there is not going to be any crazy decisions, there is no quick fix," he said at the news conference to announce a new three-year contract for coach Dwane Casey. "We are a growing team and we're going to grow gradually.

"I really don't care what the expectations are, the way to build in the situation we are in is to continue to give our young players the opportunity, to try and draft well and whichever players we sign, we make sure we figure out the right players to sign."

Ujiri did, however, make it clear that re-signing free agent point guard Kyle Lowry was a priority. Lowry emerged as the team's leader and heart, to let him walk now would be a huge setback.

"I think we'll be fair with Kyle and we'll figure it out ... We're optimistic stuff will happen." TORSTAR NEWS SERVICE



Raonic revved up in Madrid

Milos Raonic plays a forehand against France's Jeremy Chardy in their second-round match of the Madrid Open on Tuesday. Raonic won his opening match, defeating Chardy, of France, 6-3, 6-3 in just over an hour. Raonic, from Thornhill, Ont., fired 11 aces and did not have a double-fault. CLIVE BRUNSKILL/GETTY IMAGES

Ever notice tennis players make funny faces as they hit the ball? Scan the image with the Metro News app to see a collection from Tuesday's action at the Madrid Open.

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+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

Wise customers read the fine print: », *, †, Ω, § The Month of the Ram offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after May 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. »$1,500 Ram Truck Loyalty/Conquest Bonus Cash is available to qualified customers on the retail purchase/lease of any 2013/2014 Ram 2500/3500 models (excluding Cab & Chassis models) and 2014 Ram 1500 (excludes Reg Cab models) and is deducted from the negotiated price after taxes. Eligible customers include current owners/lessees of a Dodge or Ram pickup truck or any other manufacturer's pickup truck. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before May 1, 2014. Proof of ownership/lease agreement will be required. Additional eligible customers include licensed tradesmen and those working towards Skilled Trade certification. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. †4.29% purchase financing for up to 96 months available on the new 2014 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Ram 1500 Quad Cab 4x4 SXT (25A+AGR) with a Purchase Price of $26,295, with a $0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of $150 with a cost of borrowing of $4,816 and a total obligation of $31,111.33. ΩFinance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from May 1 to June 2, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between May 1, 2014 and June 30, 2017. Trade-in not required. See retailer for complete details and exclusions. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ≠Based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2014 Ram 1500 4x2 model with 3.0L EcoDiesel V6 and 8-speed automatic – Hwy: 7.1 L/100 km (40 MPG) and City: 10.2 L/100 km (28 MPG). ••With as low as 7.1 L/100 km (40 MPG) highway. ±Best-selling based on IHS Automotive: Polk Canadian new vehicle registrations through October 2013 for large diesel pickups under 14,000 lbs GVW. ¥Longevity based on IHS Automotive: Polk Canadian Vehicles In Operation data as of July 1, 2013, for model years 1994-2013 for all large pickups sold and available in Canada over the last 20 years. ≤Based on 2500/F-250 and 3500/F-350 full-size pickups. [TM]The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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See that symbol? It means you can scan the photo below with your Metro News app. By the numbers! Learn more about the 2015 Subaru.

2015 Subaru WRX STI

- **Type.** Four-door, all-wheel drive compact sedan
- **Engines (hp).** 2.5-litre DOHC horizontally opposed four-cylinder, turbocharged (305)
- **Transmissions.** Six-speed manual
- **Base price (incl. destination).** $40,000

Market position

The STI exists in an ultra-exclusive rally-race niche bracket where the only direct competitor is the Mitsubishi Evolution. And that model's upcoming retirement leaves only hot hatchbacks to compete against.

Points

- Redesign results in the most attractive STI yet
- No change in base engine, but with 305 horses there's no urgent need for any improvement
- Six-speed manual is the only transmission. Perhaps it's time for an automated manual option
- No more Mitsubishi Evo after 2014 is sad news for fans of this genre, but give the STI free reign

The STI's rear wing is an iconic badge of honour for any Subie fan.

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's knee airbag, anti-lock brakes; traction control; stability control.

A ride on Subaru's wilder side

PHOTOS: WHEELBASEMEDIA.COM

Review. With beefed-up suspension components, this rally-racer-inspired model means business

MALCOLM GUNN
wheelbasemedia.com

The WRX STI's continued existence confirms that Subaru's somewhat conservative image is at least partly a myth.

The rally-racer-inspired model is an integral member of the automaker's performance lineup that includes the lower-echelon WRX and the BRZ sport coupe. All three mix it up in dealer showrooms alongside more mainstream Legacys, Outbacks and Imprezas.

In full-on racing trim, the STI has achieved legendary status as one of the leanest, meanest cars ever to duke it out on the World Rally Championship stage. Although not exactly the same car, the 2015 street edition should provide plenty of thrills.

The redesigned sedan is more stylish, punctuated by the new grille, a hood with functional scoop, and flared fenders that integrate more smoothly with the rest of the body. The WRX STI and its tamer WRX sibling will no longer also be offered as hatchbacks.

Of course the STI still has an available rear wing that doesn't serve any real purpose in everyday driving, but it's an iconic badge of honour for any Subie enthusiast and provides some necessary downforce for owners who occasionally venture forth on the racetrack.

Well, what do you expect from a car that's basically a street version of a rally car? Firm seats, flat-bottomed wheel and lots of jutting trim pieces.

The new model is only slightly longer and wider than the previous version and adds three centimetres between the front and rear wheels and five more centimetres of rear-seat legroom. The car weighs about five kilograms less than before.

Subaru has focused on handling and agility improvements for the STI with a stiffer chassis and faster-acting power steering. As well, the suspension components and the Brembo-brand brakes have been beefed up.

Left untouched is the STI's turbocharged 2.5-litre four-cylinder engine that makes 305 horsepower and 290 pound-feet of torque. It's connected to a six-speed manual transmission that includes Incline Start Assist, which is a feature that prevents the car from rolling backward on a hill as your right foot transitions from the brake to the gas pedal. Fuel consumption, at 12.3 l/100 km in the city and 8.6 on the highway, is slightly better than before.

Compare

1 Mitsubishi Evolution
Base price: $43,600
Fast, but dated Lancer-based rally machine will sadly be missed.

2 Nissan Juke Nismo RS
Base price: $30,000
Fun and funky small hatch is plenty peppy with 215 horses to play with.

3 Mini Paceman JCW
Base price: $41,200
Sporty all-wheel drive mode looks good and puts out 207 horsepower.

5 DRIVE

SPRING BONUS ELIGIBLE OWNERS RECEIVE $1,000¥¥

GMC

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Option to purchase at lease end is $18,167/$11,398/$17,570. Excess wear and tear and km charges not included. Other lease options available. ◆$5,750 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 GMC Sierra 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. */▼/◆/**/*/±Freight & PDI, ($1,650/$1,600/$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ††2014 Sierra 1500 SLT Double Cab 4WD with GAT, MSRP with freight PDI & levies $52,599. 2014 Acadia SLT, MSRP with freight PDI & levies $46,639. Dealers are free to set individual prices. †Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ¥Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock between March 1, 2014 and June 2, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $.01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland) and not redeemable for cash except where required by law. GM is not responsible for cards that are lost, stolen or damaged. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business™ Trademark of Suncor Energy Inc. Used under licence. Cards are property of Suncor Energy. ¥¥Offer valid from April 1, 2014 to June 2, 2014 (the "Program Period") to retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $750 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet, Buick, GMC model; or a $1000 Spring Bonus credit towards the purchase, lease or finance of any 2013/2014 Cadillac model delivered during the Program Period. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible pickup truck that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1000 Spring Bonus credit towards the lease or finance of an eligible 2013/2014 Chevrolet Silverado, Avalanche, GMC Sierra; or a $2000 Spring Bonus credit towards the cash purchase of an eligible 2013/2014 Chevrolet Silverado, Avalanche, GMC Sierra. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $1500 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet, Buick, GMC model; or a $2000 Spring Bonus credit towards the lease, purchase or finance of an eligible 2013/2014 Cadillac model delivered during the Program Period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $750/$1,000/$1500/$2000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ‡The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details.

Horoscopes

♈ Aries
March 21 - April 20
Keep your eyes and ears open today because if you don't you may miss out on an opportunity to have fun. With Mercury moving strongly in your favour, your mind will be sharp and strong, giving you a major advantage over your rivals.

♉ Taurus
April 21 - May 21
You must be positive today. Both in your personal life and at work there is a lot at stake and you need to know what you want — and have the courage to reach out and take it.

♊ Gemini
May 22 - June 21
Start believing that you have what it takes to make a difference. Now that Mercury, your ruler, is moving into your sign, the doubts of the past few weeks will be swept away.

♋ Cancer
June 22 - July 23
The things you fear the most are the things from which you have least to fear. Seep that into your subconscious. The planets indicate nothing out there in the world can hurt you.

♌ Leo
July 24 - Aug. 23
The message of the stars is you must allow friends and family members to make more decisions for themselves. Over the past few weeks you have insisted on taking the lead. It's time to give others a chance.

♍ Virgo
Aug. 24 - Sept. 23
You won't lack for opportunities today but don't just throw yourself at the first one that comes along. Identify what it is you most want to accomplish and wait for the right offer.

♎ Libra
Sept. 24 - Oct. 23
You may have been too fixed in your opinions of late but with mind planet Mercury moving in your favour, you will get the chance to review your beliefs and adjust them to fit reality.

♏ Scorpio
Oct. 24 - Nov. 22
Over the next two or three days you will find it easier to come to grips with a financial matter that has been keeping you awake at night. Once you find the real problem, you will also find the courage to deal with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Others don't have to lose out just so that you can win. Your task today is to find creative ways in which to further your own ambitions while helping others get what they need.

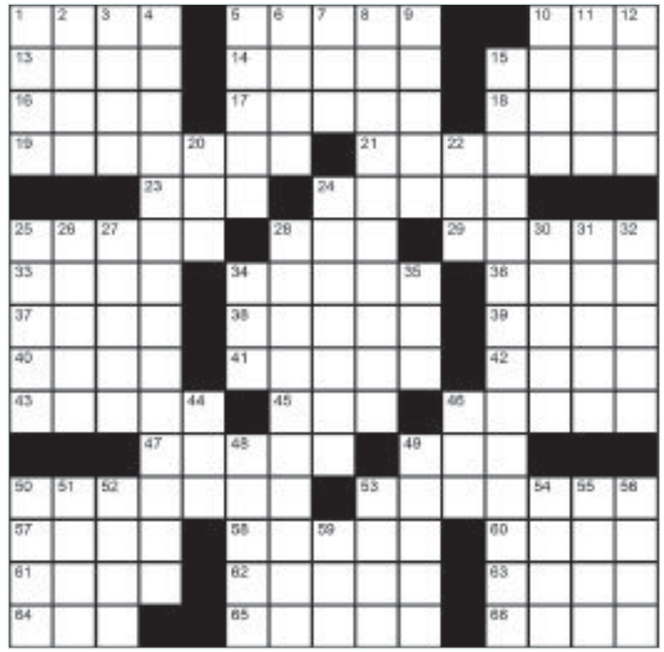
♑ Capricorn
Dec. 22 - Jan. 20
You have changed so often in recent weeks that you may no longer be sure which way is up, but that's OK. On the work front at least you will know without a doubt what needs to be done next. So do it.

♒ Aquarius
Jan. 21 - Feb. 19
Now that Mercury, planet of the mind, is moving into your fellow Air sign of Gemini the mental turmoil of the past few weeks will fade away. You can make things easier for yourself by not worrying so much.

♓ Pisces
Feb. 20 - March 20
You may have to give up something that means a lot to you but you won't mind too much. You will be happier still if people just leave you alone for a while. **SALLY BROMPTON**

Crossword: Canada Across and Down

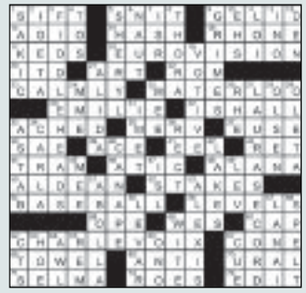
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. ___ (Answer to "Where's Vancouver?")
5. Popular cartoon-like icon in digital communication
10. Dijon's country, to the IOC
13. "That hurts!"
14. Fruit type
15. Vancouver band, __ The Whale
16. Insect nests
17. Gradual loudness increase in music, for short
18. Purplish
19. Toronto: Yonge Street splits this Avenue into East and West
21. "The Newlywed Game" host Bob
23. "Yuck!"
24. Tune line
25. "__ __ Replay" by Rihanna
28. "Hee __"
29. "Disaster __" on HGTV Canada
33. Over-fed = ___ lot
34. Actress Debi
36. Clark Gable film setting
37. Seeded
38. Hawaiian Crow
39. 'Gen' finisher (Basic)
40. Baby branch
41. 'The King', in Spanish: 2 wds.
42. Lounge around
43. Building extension
45. 'Vigor' suffix
46. Quebec, 'La __ Province'
47. Norwegian kings
49. Zoologist's foot
50. "When I'm with You" Canadian band
53. Receive warmly
57. Ping-__
58. Western flick
60. Ancient author
61. House's gutter locale
62. Arctic boat
63. Peel
64. Sarcastic
65. Onion kins
66. Dash

Down
1. Particles
2. Night: French
3. Alphabet sequence
4. Coast Salish actor (b.1899 - d.1981) from North Vancouver who co-starred with Clint Eastwood in #8-Down: 3 wds.
5. Host an event
6. Seas: French
7. Flamenco exclamation!
8. "The Outlaw __ __" (1976)
9. Obtain
10. Human/goat forest deity
11. Canadian star Mr. Moranis
12. Tangy quaffs
15. NASA's Kepler: 2 wds.
20. Whopper
22. Tender
24. Statue of Liberty poet, Emma __ (b.1849 - d.1887)
25. Macaroni
26. "Liquid Dreams" TV-created band
27. ___ stock (Recently-arrived goods)
28. Toronto attraction, Hockey __ __ __
30. Festive song
31. Canadian singer/pianist Diana
32. Room: French
34. Ms. West
35. Jamie Foxx movie
44. Gladiator's 41
46. "The Fresh Prince of __-Air"
48. Run __ of (Conflict)
49. Benefits
50. Disgorge
51. Rime
52. Greenly admire
53. Tired
54. Shape sort
55. Ms. Sorvino
56. Paradise
59. Affiliation

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	3			8		
	9			4		2		
	4		7		6			
			4				7	
3			5		7			6
	5				8			
			2		9		8	
		5		3			9	
		4			5	7	1	

Yesterday's Sudoku

2	4	1	3	9	7	6	8	5
6	8	7	1	4	5	9	2	3
3	9	5	8	6	2	4	1	7
1	2	6	9	5	3	7	4	8
4	3	9	7	2	8	1	5	6
5	7	8	6	1	4	2	3	9
7	1	2	5	3	6	8	9	4
9	6	3	4	8	1	5	7	2
8	5	4	2	7	9	3	6	1

Tangerine
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Comfort & safety you expect with style & technology you'll love.

With features like best-in-class interior space,* a standard backup camera, premium interior styling, along with standard Bluetooth® and steering wheel audio controls, the 2014 Corolla LE is as practical as it is impressive.

Corolla LE shown.

COROLLA

Like you've never seen it before.

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*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.